



## Citywide Quadkids Athletics Championships

### TEAMS

Each school is to provide a team of 6 girls and 6 boys. Each competitor will take part in **all 4 events**. Each athlete is scored against standard points tables for each event, giving a total for each athlete and the 4 best scores from each gender group will be used as the team score for each event.

### EVENTS

#### Field Events

Athletes will be allowed **two** attempts at each field event with the best results counting. The field events on the day are as follows:

- **Standing Long Jump** - The event will take place in the Long Jump pit. Each competitor will jump from behind a take-off board into the pit
- **Standing Howler Throw**. This event will be held at the bottom of the field area and each throw will be from a standing position. Each competitor will use a 'Howler', which is a piece of equipment used to introduce children to the Javelin throw.

#### Track Events

All athletes will take part in the following:

- **60 metre sprint**
- **400 metre run**

#### Equipment

The equipment for all the events will be provided.

#### Clothing

Athletes should wear appropriate kit and footwear for their event. All participants should bring a bottle of water.

# Citywide Quadkids Athletics Championships - Team Declaration Sheet

School Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

	Pupil Names	
GIRLS		
BOYS		

PLEASE EMAIL A COPY OF THE COMPLETED FORM TO SIMON BY FRIDAY 4<sup>TH</sup> JULY  
[simon@teammcr.co.uk](mailto:simon@teammcr.co.uk)